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# AUGUST 2006

Substitutions may be required  
to ensure a nutritious meal.

**August 7**  
CRISPY FISH FILLET  
w/ TARTER SAUCE  
“Yummy” Potatoes  
Broccoli Normandy  
Bread Pudding with Sauce  
WW Bread  
Milk

**August 14**  
Fruit Juice  
COUNTRY BEEF MACARONI  
Corn  
Peach Crisp  
Cracked Wheat Roll  
Milk

**August 21**  
CHICKEN SALAD  
Coleslaw  
Fruit Salad  
WW Bread  
Milk

**August 28**  
BUTTER BEANS AND HAM  
Brussel Sprouts  
Stewed Tomatoes  
Rosy Applesauce  
Corn bread  
Milk

**August 1**  
SPAGHETTI w/MEAT SAUCE  
Peas  
Carrots  
Cookie  
Texas Toast  
Milk

**August 8**  
HAM SALAD  
Coleslaw  
Fruit Salad  
WW Bread  
Milk

**August 15**  
ROAST TURKEY  
w/GRAVY  
Peas  
Mashed Potatoes  
Cranberry Sauce  
WW Bread  
Milk

**August 22**  
CHICKEN STRIPS With  
Ranch Dressing  
Mashed Potatoes  
Spinach  
Carrot/Pineapple & Raisin Salad  
WW Bread  
Milk

**August 29**  
Fruit Juice  
TACO SALAD CASSEROLE  
w/Picante Sauce  
Corn  
Refried Beans  
Tortilla  
Milk

**August 2**  
Fruit Juice  
PORK ROAST w/SAUERKRAUT  
Potatoes with Gravy  
Carrots  
Pears  
WW Bread  
Milk

**August 9**  
CHICKEN TETRAZZINI  
Broccoli  
Stewed Tomatoes  
Tossed Salad  
WW Bread  
Milk

**August 16**  
BEEF STEW w/CARROTS  
Brussel Sprouts (Cabbage)  
Fruit Crisp  
Tossed Green Salad  
Cracked Wheat Roll  
Milk

**August 23**  
BEEF HASH COUNTRY STYLE  
Broccoli w/Cheese Sauce  
Hot Spiced Apples  
WW Bread  
Milk

**August 30**  
SALISBURY STEAK w/GRAVY  
Mashed Potatoes  
Broccoli Normandy  
Fruit  
Cracked Wheat Roll  
Milk

**August 3**  
Fruit Juice  
POLISH SAUSAGE  
w/Sauerkraut  
Corn  
Green Beans  
Broccoli Salad  
Hot Dog Bun  
Milk

**August 10**  
OVEN FRIED CHICKEN  
Mashed Potatoes  
Mixed Vegetables  
Peaches/Cottage Cheese Salad  
WW Bread  
Milk

**August 17**  
Fruit Juice  
BBQ PORK CHOPS  
Baked beans  
Broccoli Cuts  
Cracked Wheat Roll  
Milk

**August 24**  
Fruit Juice  
BBQ MEATBALLS w/RICE  
Seasoned Green Beans  
WW Bread  
Milk

**August 31**  
CORNED BEEF & CABBAGE  
w/MUSTARD  
Carrots  
Mashed Potatoes  
Pears  
WW Bread  
Milk

**August 4**  
MEATLOAF w/GRAVY  
Mashed Potatoes  
Winter Mix Vegetables  
Pudding  
WW Bread  
Milk

**August 11**  
BAKED HAM  
w/PINEAPPLE SAUCE  
Scalloped Potatoes  
Peas & Carrots  
Coleslaw  
WW Bread  
Milk

**August 18**  
Fruit Juice  
ROAST BEEF w/GRAVY  
Whipped Potatoes  
Scandinavian Mixed Veggies  
Oatmeal Cookie  
WW Bread  
Milk

**August 25**  
Fruit Juice  
OVEN FRIED CHICKEN  
Mashed Potatoes  
Mixed Vegetables  
WW Bread  
Milk

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to ensure a nutritious meal.

**August 7**  
CRISPY FISH FILLET  
w/ TARTER SAUCE  
“Yummy” Potatoes  
Broccoli Normandy  
Bread Pudding with Sauce  
WW Bread  
Milk

**August 14**  
Fruit Juice  
COUNTRY BEEF MACARONI  
Corn  
Peach Crisp  
Cracked Wheat Roll  
Milk

**August 21**  
CHICKEN SALAD  
Coleslaw  
Fruit Salad  
Soup  
WW Bread  
Milk

**August 28**  
BUTTER BEANS AND HAM  
Brussel Sprouts  
Stewed Tomatoes  
Rosy Applesauce  
Corn bread  
Milk

**August 1**  
SPAGHETTI w/MEAT SAUCE  
Peas  
Carrots  
Cookie  
Texas Toast  
Milk

**August 8**  
HAM SALAD OR EGG SALAD  
Coleslaw  
Fruit Salad  
Soup  
WW Bread  
Milk

**August 15**  
ROAST TURKEY  
w/GRAVY  
Peas  
Mashed Potatoes  
Cranberry Sauce  
Salad  
WW Bread  
Milk

**August 22**  
CHICKEN STRIPS With  
Ranch Dressing  
Mashed Potatoes w/Gravy  
Spinach  
Carrot/Pineapple & Raisin Salad  
WW Bread  
Milk

**August 29**  
Fruit Juice  
TACO SALAD CASSEROLE  
w/Picante Sauce  
Corn  
Refried Beans  
Tortilla  
Milk

**August 2**  
Fruit Juice  
PORK ROAST w/SAUERKRAUT  
Potatoes with Gravy  
Carrots  
Pears  
WW Bread  
Milk

**August 9**  
CHICKEN TETRAZZINI  
Broccoli  
Stewed Tomatoes  
Tossed Salad  
WW Bread  
Milk

**August 16**  
BEEF STEW w/CARROTS  
Brussel Sprouts (Cabbage)  
Fruit Crisp  
Tossed Green Salad  
Cracked Wheat Roll  
Milk

**August 23**  
BEEF HASH COUNTRY STYLE  
Broccoli w/Cheese Sauce  
Hot Spiced Apples  
Tossed Salad  
WW Bread  
Milk

**August 30**  
SALISBURY STEAK w/GRAVY  
Mashed Potatoes  
Broccoli Normandy  
Fruit  
Cracked Wheat Roll  
Milk

**August 3**  
Fruit Juice  
POLISH SAUSAGE  
w/Sauerkraut  
Corn  
Green Beans  
Broccoli Salad  
Hot Dog Bun  
Milk

**August 10**  
OVEN FRIED CHICKEN  
Mashed Potatoes  
w/Gravy  
Mixed Vegetables  
Peaches/Cottage Cheese Salad  
WW Bread  
Milk

**August 17**  
Fruit Juice  
BBQ PORK CHOPS  
Baked beans  
Broccoli Cuts  
Cracked Wheat Roll  
Milk

**August 24**  
Fruit Juice  
BBQ MEATBALLS w/RICE  
Seasoned Green Beans  
Tossed Salad  
WW Bread  
Milk

**August 31**  
CORNED BEEF & CABBAGE  
w/MUSTARD  
Carrots  
Mashed Potatoes  
Pears  
WW Bread  
Milk

**August 4**  
MEATLOAF w/GRAVY  
Mashed Potatoes  
Winter Mix Vegetables  
Pudding  
WW Bread  
Milk

**August 11**  
BAKED HAM  
w/PINEAPPLE SAUCE  
Scalloped Potatoes  
Peas & Carrots  
Coleslaw  
WW Bread  
Milk

**August 18**  
Fruit Juice  
ROAST BEEF w/GRAVY  
Whipped Potatoes  
Scandinavian Mixed Veggies  
Oatmeal Cookie  
WW Bread  
Milk

**August 25**  
OVEN FRIED CHICKEN  
Mashed Potatoes  
w/Gravy  
Mixed Vegetables  
Fruit Jell-O  
WW Bread  
Milk

Frozen meals are available for weekends  
and days that no meals are served-  
Upon request and arrangements with  
Site Manager. \$3.00 donation encouraged